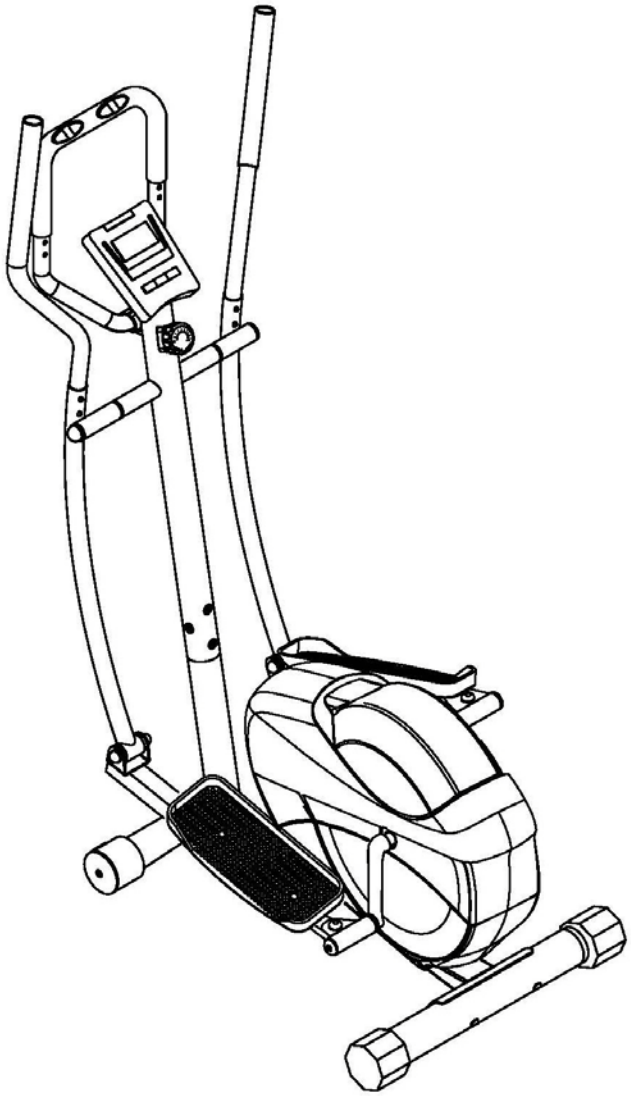
Motion Elliptical

Product Code: ER3000D



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IMPORTANT SAFETY INFORMATION

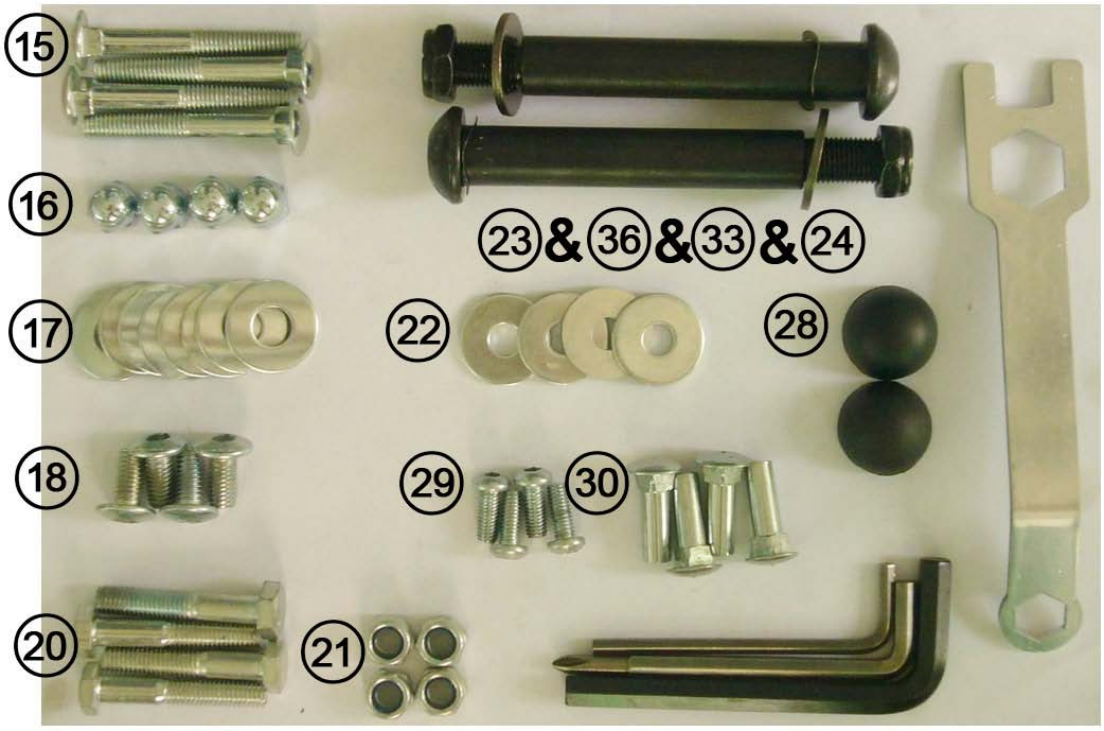
READ ALL INSTRUCTIONS BEFORE USING

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

1. This elliptical is intended for class H (H=Domestic) use only. It is not designed for commercial use.
2. This machine has been tested to BS EN 957 Parts 1:2005 and Part 9:2003.
3. Read the OWNER'S OPERATION MANUAL and all accompanying literature and follow it carefully before using your elliptical.
4. Keep children and pets away from the Elliptical at all times. Do not leave children unattended in the same room with the Elliptical. The Elliptical is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the Elliptical is not intended.
5. If children are allowed to use the Elliptical their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
6. Position the Elliptical on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the Elliptical near water or outdoors.
7. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
8. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
9. Rest adequately between workouts. Muscle tone develops during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
10. Remove all jewellery, including rings, chains and pins before commencing exercise.
11. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

IMPORTANT!!! THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR ELLIPTICAL IS 100KGS.

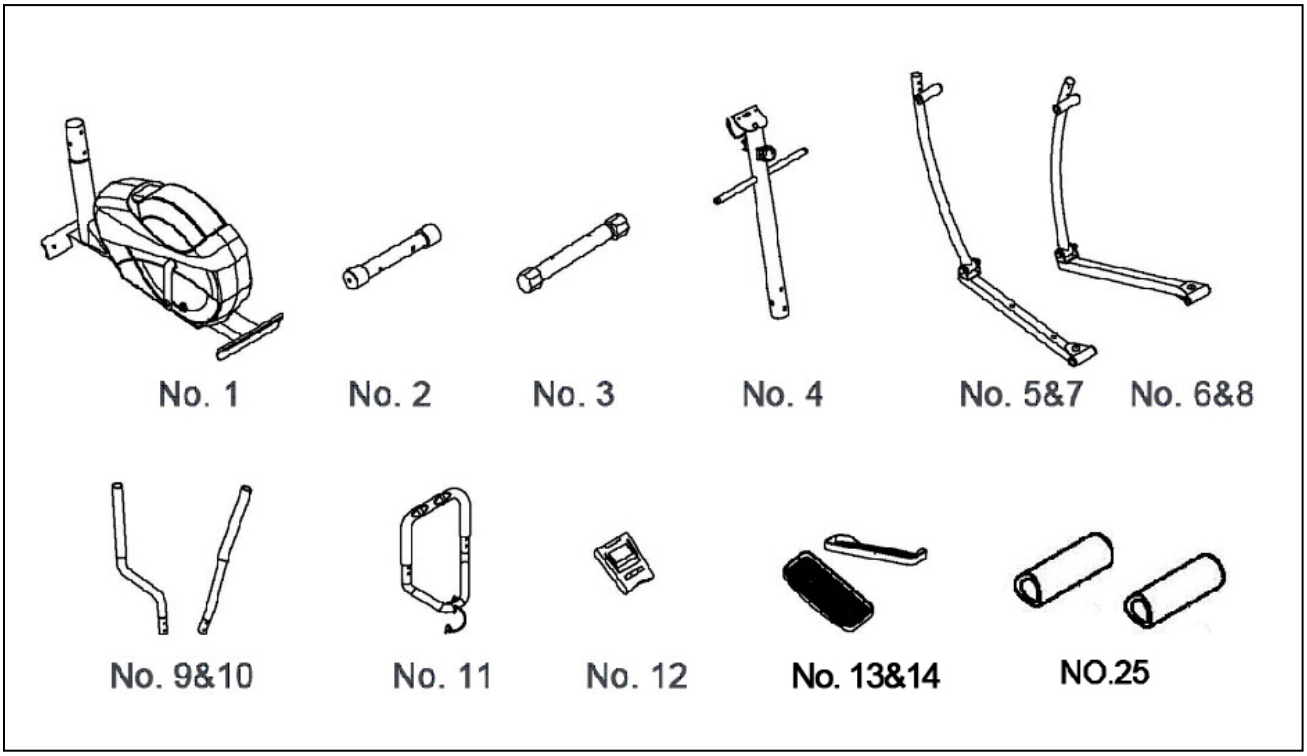
HARDWARE PARTS LIST



	PART NO.	DESCRIPTION	Q'TY
	15	Carriage Bolt M8*65mm	4
	16	Domed Nut M8	4
	17	Curve Washer Φ22	8
	18	Allen Bolt M8*15mm	4
	20	Hex Bolt M8*45mm	4
	21	Nylon Lock Nut M8	4
	22	Flat Washer Φ25	4
	23L & R	Pedal Hinge Bolt (Left & Right)	2
	24	Nylon Lock Nut 1/2 inch	2
	28	Plastic Nut Cap M8	2
	29	Allen Bolt M6*12mm	4
	30	Carriage Bolt M8*22mm	4
	33	Flat Washer Φ27	2
	36	Wave Washer Φ21	4
		Allen Key S4	1
		Allen Key S6	1
		Allen Key S8	1
		Allen Wrench S13-15-19	1

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

PRE-ASSEMBLY CHECK LIST



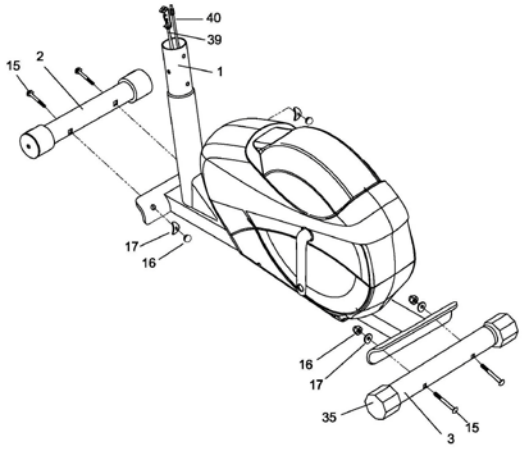
PART NO.	DESCRIPTION	Q'TY
01	Main Frame	1
02	Front Stabilizer	1
03	Rear Stabilizer	1
04	Front Post	1
05&07	Left Lower Handlebar w/ Pedal Arm	1
06&08	Right Lower Handlebar w/ Pedal Arm	1
09	Left Upper Handlebar	1
10	Right Upper Handlebar	1
11	Front Upper Handlebar	1
12	Computer	1
13&14	Pedal	2
25	Plastic Spacer	2
	User Manual	1

Please note that some items of hardware may already be pre assembled onto your elliptical.

ASSEMBLY INSTRUCTION

STEP 1

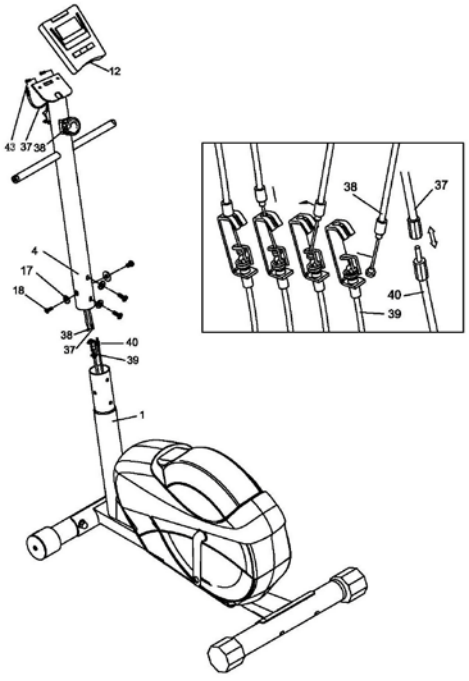
Attach the front stabilizer (2) to the main frame (1), tighten with two sets of carriage bolts (15), curve washer (17) and domed nut (16). Now repeat this procedure for the rear stabilizer (3), tighten with two sets of carriage bolts (15), curve washer (17) and domed nut (16).



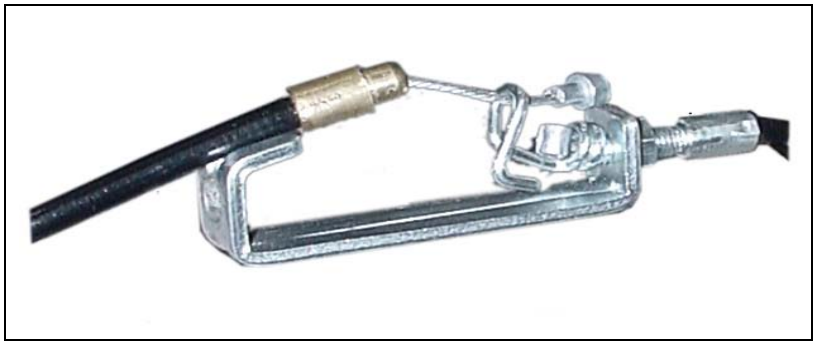
STEP 2

(a) Take the front post (4) and connect the middle computer wire (37) with lower computer wire (40). **Ensure the Tension Control Knob is set to number 8.** Connect the upper tension cable (38) to the lower tension cable (39). **Please see page 7 for a detailed description of the assembly.** Insert the front post (4) into the main frame (1) and tighten with 4 sets of allen bolt (18) and curve washer (17).

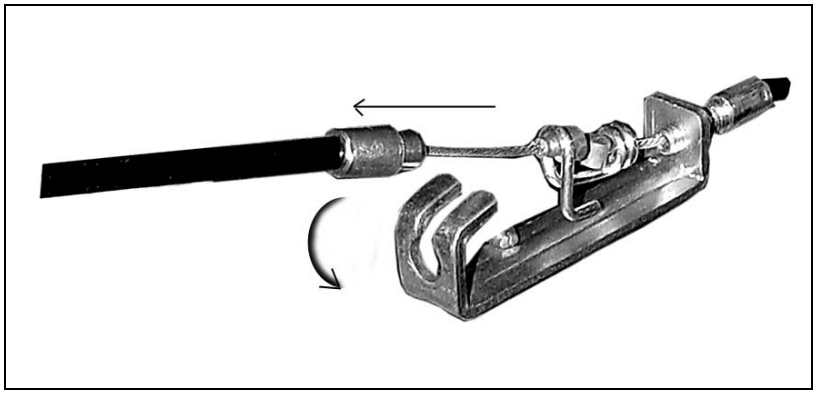
(b) Slide the computer (6) onto the computer holder of the front post (4), tighten with 2 screws. Plug the computer wire (37) into the rear of the computer marked “sensor input”.



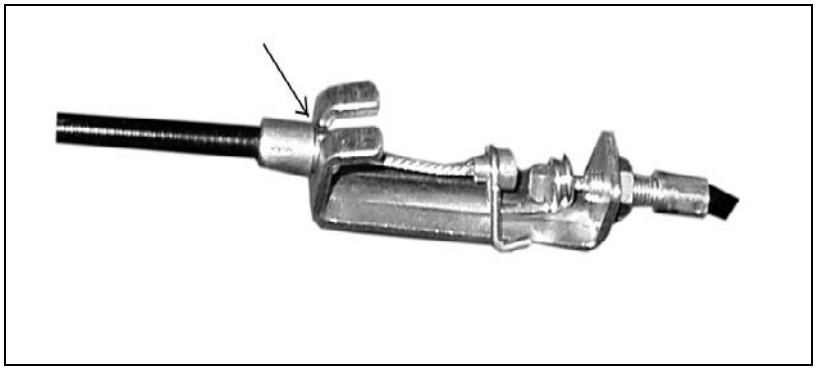
HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



Pull the Upper Tension Connector backward and slide the wire through the slot on the bracket.

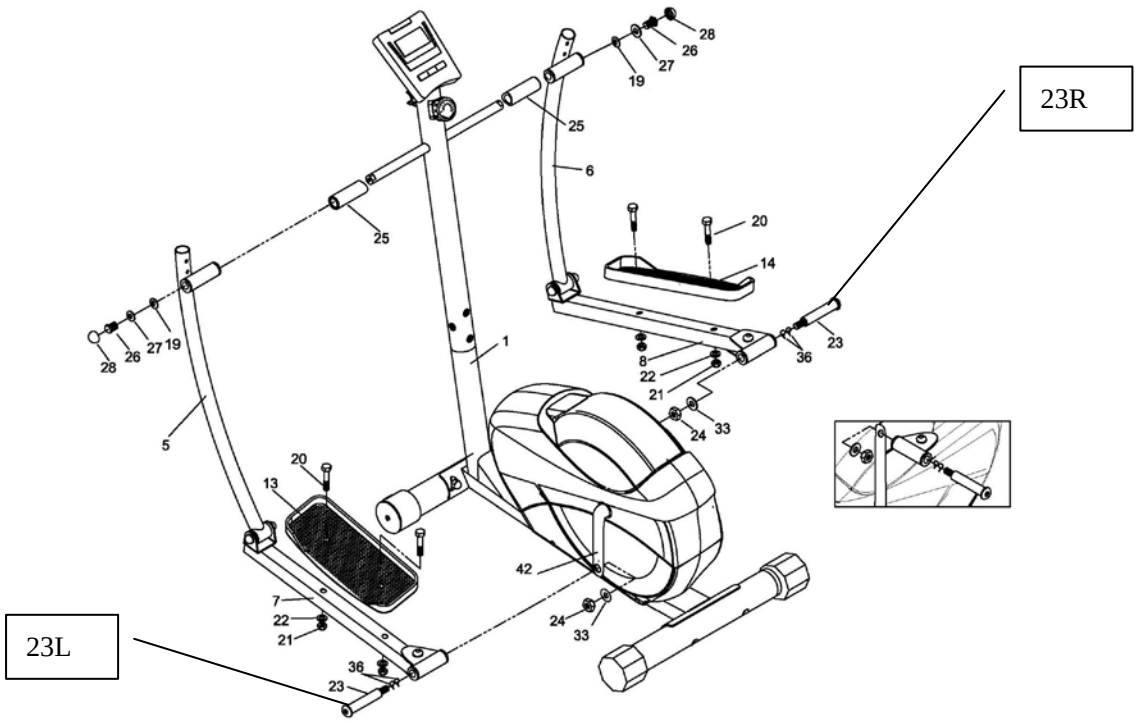


Drop the Connector down so the fitting sits firmly on top of the bracket.

STEP 3

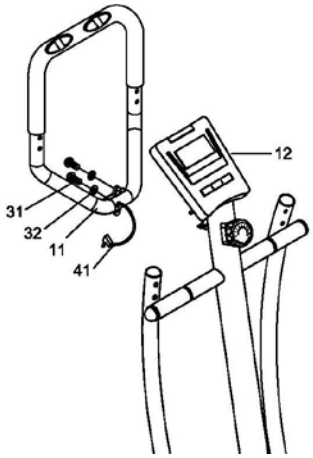
(a) Insert plastic spacer (25) and left lower handlebar (5) on the front post (4), tighten with one hex bolt (26), one D shape washer (19) and one washer (27), then place plastic nut cap (28) on to hex bolt (26). Repeat this procedure for the right lower handlebar (6).

(b) Put pedal hinge bolt (23L) through two wave washer (36) and the left pedal arm (7) then attach it to the left crank (42) tighten with one set of flat washer (33) and nylon lock nut (24). Put left pedal (13) onto left pedal arm (7), tighten with two sets of hex bolt (20), flat washer (22) and nylon nut (21). Repeat this procedure for the right pedal (14). **Note; the pedal hinge bolts left & right are marked L & R respectfully. The left hand hinge bolt uses a Left Hand Thread.**



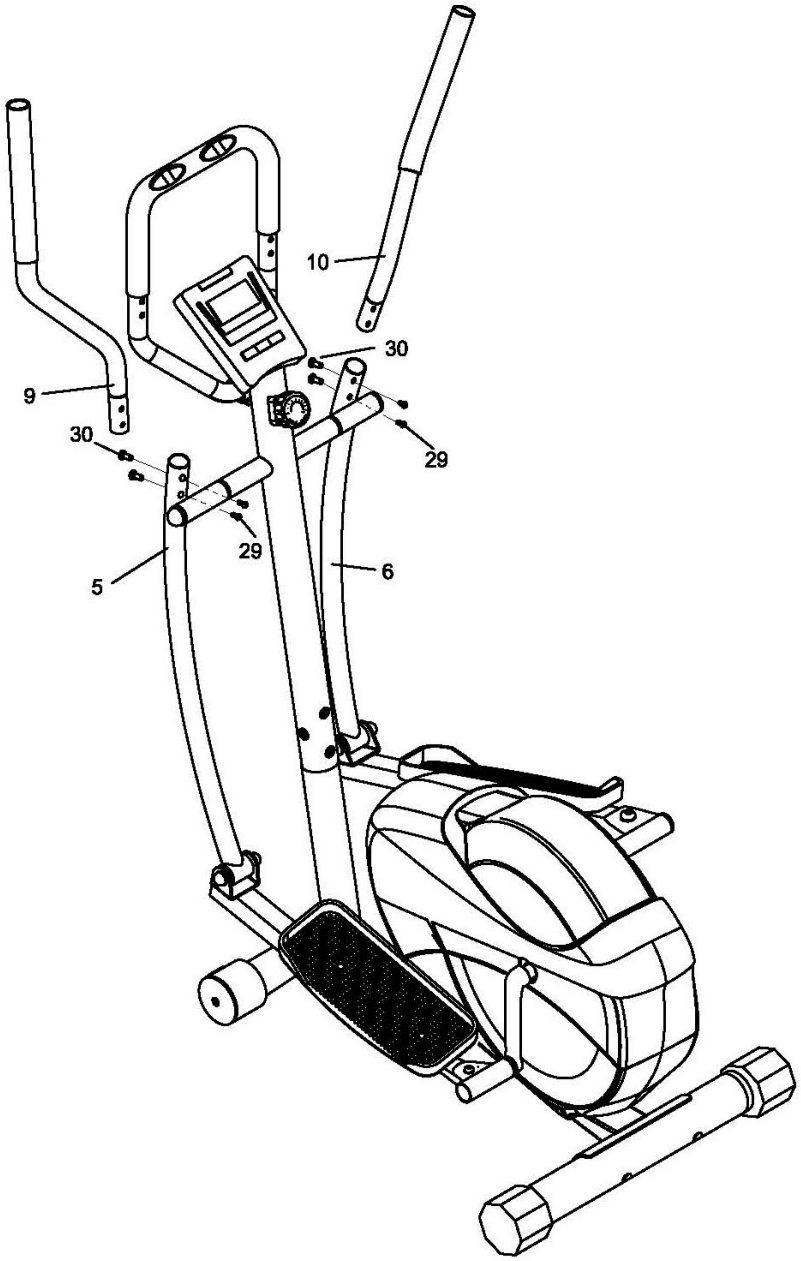
STEP 4

Remove the hand pulse wire (41) from the “U” type hand pulse handlebar (11), fix the “U” type hand pulse handlebar (11) to the front post (4), tighten with two sets of allen bolt (31) and flat washer (32), then plug the sensor cable (41) into the rear of the computer marked “pulse input”.



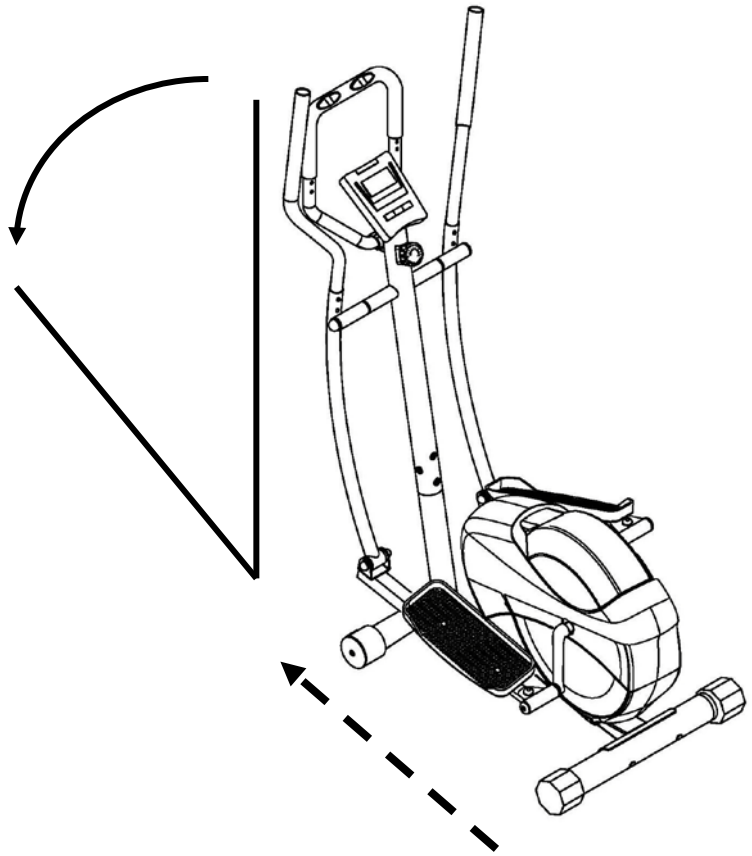
STEP 5

Fix the left upper handlebar (9) to the left lower handlebar (5), tighten with two carriage bolt (30) and two domed nut (29). Repeat this procedure for the right upper handlebar (10).

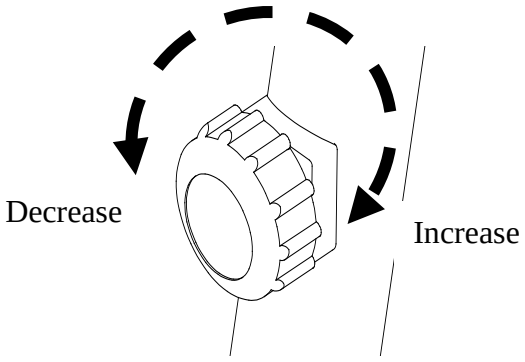


CHECK ALL BOLTS AND NUTS ARE TIGHTENED BEFORE USING THE MACHINE

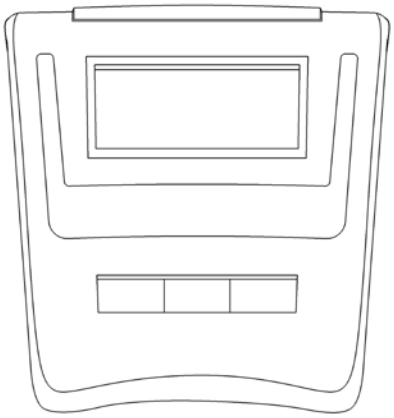
TRANSPORT



TENSION CONTROL



COMPUTER INSTRUCTIONS



BUTTON：

MODE:	To select functions of time, speed, distance, calories and pulse. Hold this button for 2 seconds to reset the computer.
SET:	To adjust each function value of time, distance, calorie, pulse.
RESET:	The user may use reset key to reset each function individually: time, distance, calorie, and pulse.

FUNCTIONS:

1. **Scan:** Automatically scans through each function in sequence so that you can see you progress without pressing the “made” button each time.
2. **Time:** Automatically accumulate workout time when starting exercise.
3. **Speed:** Display current speed during workout time.
4. **Distance:** Automatically accumulate workout distance when starting exercise.
5. **Calories:** Automatically accumulate calories amount consumed when starting exercise.
6. **Pulse:** Automatically detect and displays your current heart rate when exercising.

NOTE:

1. The value of pulse function is for reference only; please do not consider as medical purposes.
2. The monitor will be automatically shut off if there is no signal for 4 to 5 minutes.
3. The monitor will be auto-powered when you start exercising, or push a button.

EXERCISE INSTRUCTIONS

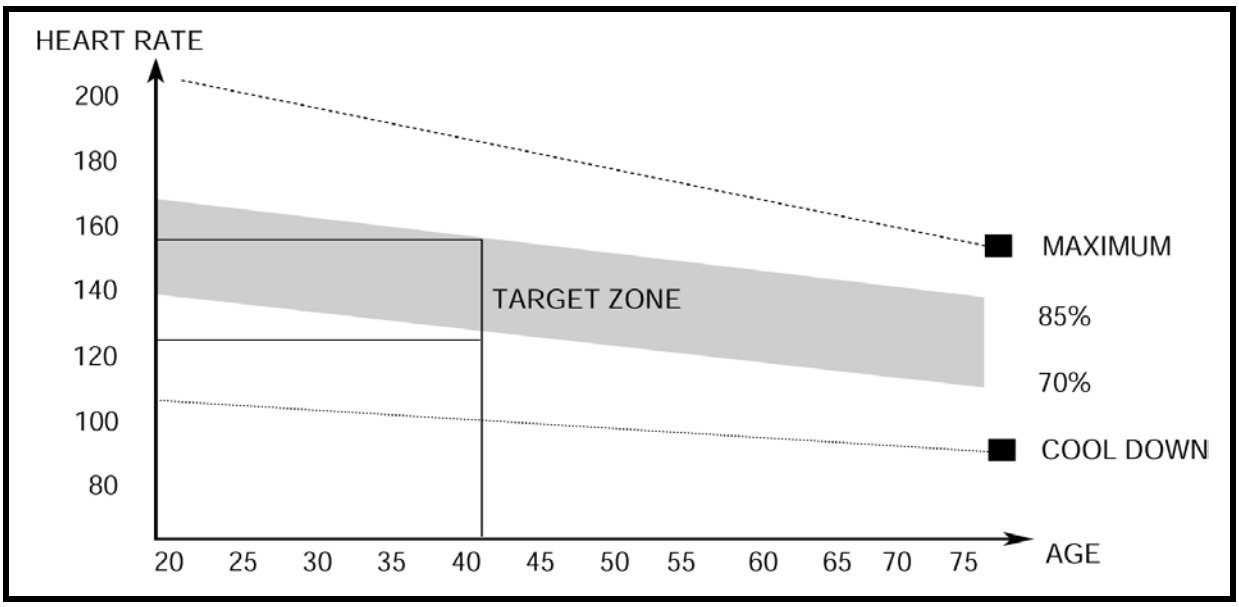
Using your **MAGNETIC ELLIPTICAL** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. It is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.
As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MAGNETIC ELLIPTICAL** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

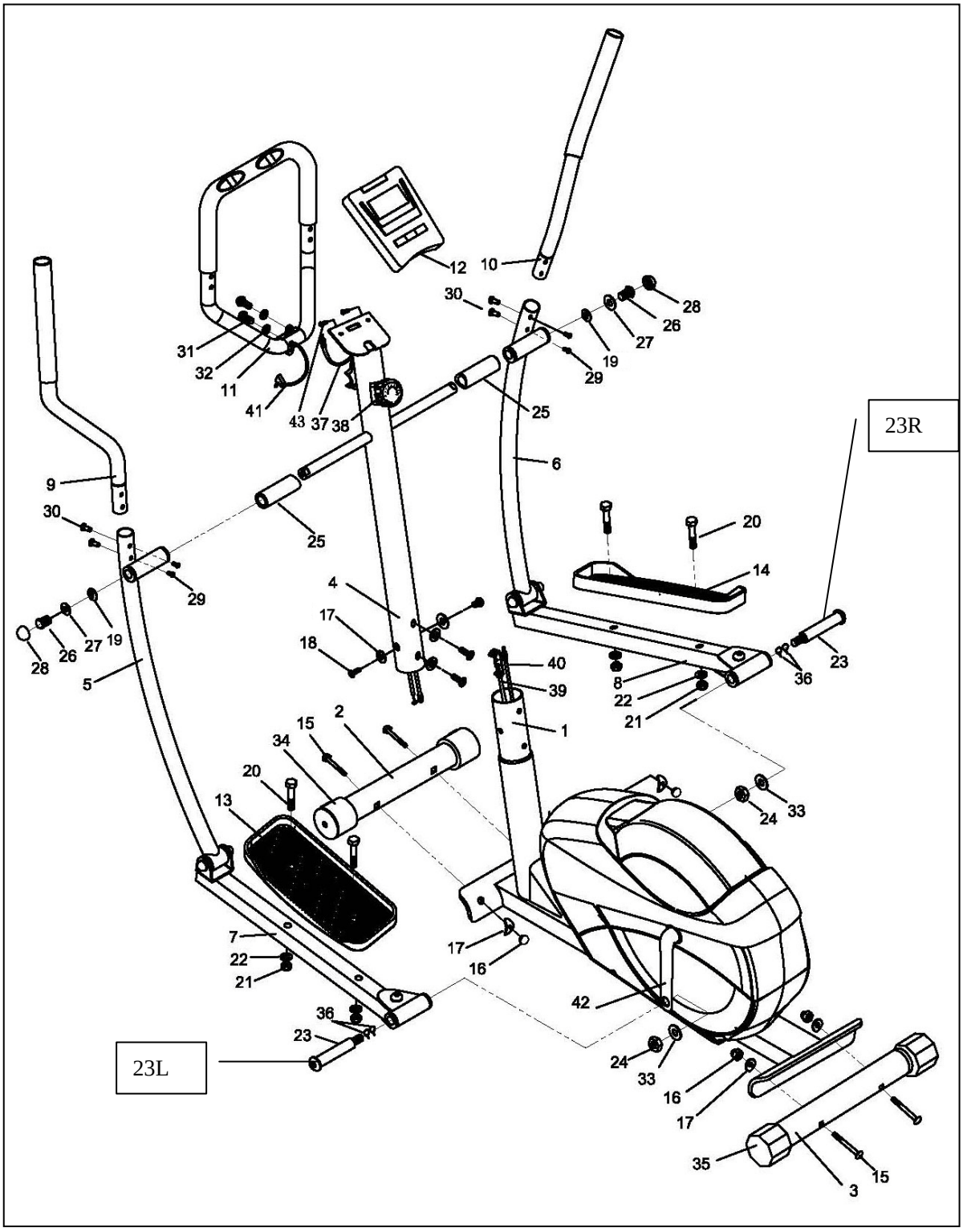
WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

FAULT FINDING CHART

FAULT	REASON	REMEDY
Computer does not work.	Upper and lower computer wires are not connected. Faulty computer wire. Faulty computer.	Connect upper and lower sensor wires. See Steps 2. Replace computer wire. Replace computer.
Computer display becomes faint or does not count.	Weak or faulty batteries	Replace batteries
Pulse does not register.	Pulse sensor wire not connected. Hands not in full contact with pulse sensors. Faulty hand grip pulse sensor.	Check connection. See step 4. Remove hands from sensors and reposition. Replace hand grip sensors.
No resistance while exercising.	Upper and lower tension control cables not connected	Connect upper and lower tension cables See Step 2

EXPLODED DIAGRAM



PARTS LIST

PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Front Post	1
5	Left Lower Handlebar	1
6	Right Lower Handlebar	1
7	Left Pedal Arm	1
8	Right Pedal Arm	1
9	Left Upper Handlebar	1
10	Right Upper Handlebar	1
11	Front Upper Handlebar	1
12	Computer	1
13	Left Pedal	1
14	Right Pedal	1
15	Carriage Bolt M8*65mm	4
16	Domed Nut M8	4
17	Curve Washer Φ22	8
18	Allen Bolt M8*15mm	4
19	D shape washer Φ28	2
20	Hex Bolt M8*45mm	4
21	Nylon Nut M8	4
22	Flat Washer Φ25	4
23L & R	Pedal Hinge Bolt (Left & Right)	2
24	Nylon Nut 1/2 inch	2
25	Plastic Spacer	2
26	Hex Bolt M8*20mm	2
27	Flat Washer Φ25	2
28	Plastic Nut Cap M8	2
29	Allen Bolt M6*12mm	4
30	Carriage Bolt M8*22mm	4
31	Allen Bolt M8x20	2
32	Flat Washer Φ8	2
33	Flat Washer Φ27	2
34	Transportation Wheel	2
35	Rear End Cap	2
36	Wave Washer Φ21	4
37	Upper Computer Wire	1
38	Tension Knob and Upper Tension Cable	1
39	Lower Tension Cable	1
40	Lower Computer Wire	1
41	Hand Pulse Wire	1
42	Crank	2
43	Screw for Computer Φ5*12mm	2

ADDITIONAL INFORMATION

Packaging Disposal

Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

End of Life Disposal

We at Escalade hope you enjoy many years of enjoyable use from your Elliptical. However, a time will come when your Elliptical will come to the end of its useful life. Under '**European WEEE Legislation'** you are responsible for the appropriate disposal of your Elliptical to a recognised public collection facility.

CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the elliptical.
2. The elliptical can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the elliptical regularly for signs of damage or wear.
4. **Failure to examine the elliptical regularly may affect the safety level of the equipment.**
5. Replace any defective components immediately and/or keep the elliptical out of use until repair.

SPECIFICATIONS

Dimensions:	950 x 56 x 156 cms
Maximum user weight:	100kg
Batteries	2 x Size AAA 1.5v

LIMITED WARRANTY

Escalade warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one year from the date of purchase. This warranty extends only to the original purchaser. Escalade's obligation under this Warranty is limited to replacing damaged or faulty parts at Escalade's option.

All returns must be pre-authorised by Escalade. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Escalade.

Escalade is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department.

Tel: 0044 (0) 1792 222 562

E mail: customerservices@escaladesports.co.uk

When ordering replacement parts, please give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase